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# MONADNOCK RSVP VOLUNTEER CENTER

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[www.monadnockvolunteercenter.org](http://www.monadnockvolunteercenter.org)

Email: [rsvp@mfs.org](mailto:rsvp@mfs.org)

August 7, 2019

Dear Town Representative,

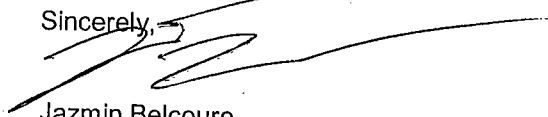
I am writing to inform you of a free volunteer program available in the Monadnock region that aims to alleviate some of the difficulties that senior citizens (65+) and adults with disabilities struggle with to remain living independently and safely in their homes. These challenges can include the experiences of isolation and loneliness, and surviving on limited incomes. Many give up activities that give them joy and keep them connected. Simple household tasks that once could be done quickly and easily may be just out of reach or impossible. While some have a network of people to call upon, others do not. Services can be cost prohibitive or be limited/nonexistent in the area in which they live. Often, this can lead to premature entrance into higher care facilities because they can no longer provide for their daily needs or maintain a quality of life.

Neighbors-In-Deed, a program of Monadnock RSVP Volunteer Center, matches volunteers one-on-one to provide ongoing companionship and support. Activities that volunteers do may include visiting; shopping for groceries and helping with errands; providing rides to medical appointments; doing a social activity; and providing respite care for family caregivers. These matches are made with thoughtful consideration in regards to proximity between people's homes; common interests, hobbies, or work experiences; personalities; and the expectations each person hopes to receive from the relationship.

We also have a light handyman component of the Neighbors-In-Deed program. For this piece we have volunteers who will complete small, necessary jobs around the house. Some examples of acceptable requests may include: replacing washers in a leaky faucet, repairing a rickety step, installing a grab bar, replacing a lock, removing storm windows/replacing with screens, AC installation/removal, changing light bulbs in hard to reach places and changing batteries in fire detectors. Yard/garden maintenance, snow removal and projects that that require licensure are not services we provide in this program. Recipients are responsible for purchasing any needed materials, but labor is free of charge. Any donations are gratefully accepted.

If someone is interested in receiving services, a short intake can be taken over the phone by individuals themselves or by organizations. If you have any questions I would be happy to talk with you in further detail about our program. I am available by phone or email at 283-1681 or [jbelcoure@mfs.org](mailto:jbelcoure@mfs.org). Please feel free to share information about this program to other supportive services and departments in your town and within your social networks. Monadnock RSVP Volunteer Center is a program of Monadnock Family Services, a Monadnock United Way Agency.

Sincerely,

  
Jazmin Belcoure  
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